

Location

Program services are available either at the Aging & Disability Resource Center office, your home, or other location.

Cost

There is no cost for participating in the program.



1541 Annex Road
Jefferson, WI 53549

920-674-8734

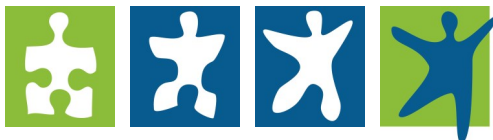
1-866-740-2372

TTY: 1-800-947-3529

adrc@jeffersoncountywi.gov

[www.facebook.com/
jeffersoncounty](https://www.facebook.com/jeffersoncounty)

Call today to find out how you
can participate.



Caregiver Stress

Caregivers caring for a loved one with Alzheimer's disease or related dementia report experiencing high levels of stress. Too much stress can be harmful to both the caregiver and care recipient. Do you have any symptoms? If you do, learn more about the Memory Care Connections Program.

10 Symptoms of Caregiver Stress

- **Denial** about the disease and its effect on the person who has been diagnosed.
- **Anger** at the person with Alzheimer's. Anger that no cure exists or anger that people don't understand what's happening.
- **Social withdrawal** from friends and activities that once brought pleasure.
- **Anxiety** about the future.
- **Depression** that begins to break your spirit and affects your ability to cope.
- **Exhaustion** that makes it nearly impossible to complete necessary daily tasks.
- **Sleeplessness** caused by never-ending list of concerns.
- **Irritability** that leads to moodiness and triggers negative responses and actions.
- **Lack of concentration** that makes it difficult to perform familiar tasks.
- **Health problems** that begin to take a mental and physical toll.

Source: www.alz.org

**MEMORY CARE**
connections



**Guiding You and
Your Family Through
Alzheimer's and
Related Dementias**



MEMORY CARE CONNECTIONS...Support for Family Caregivers

Caring for a loved one with Alzheimer's disease or other related dementia can be challenging without support.

Research has found that the **Memory Care Connections** program can reduce your stress and increase family support as you care for your loved one living with Alzheimer's disease or other related dementia.

The goal of the **Memory Care Connections** program is to provide knowledge and support to people caring for a loved one with Alzheimer's Disease or a related dementia. When caregivers receive the support and services they need, the person with dementia also benefits.

Programs like **Memory Care Connections** have been shown to be effective in delaying the need for nursing home care.



Memory Care Connections is a program for caregivers caring for a loved one with Alzheimer's disease or other related dementia.

To participate, you need to:

- Be caring for someone who lives in the community.
- Be a resident of Jefferson County.
- Be open to sharing your experiences in caring for a family member.
- Attend and participate in multiple sessions with a Memory Care Connections Consultant (number of sessions determined by first meeting).
- Have family/friends participate in the sessions with you.

**We're here to guide you.
Call us today.**

The **Dementia Care Specialist** will:

- Assess your situation and discuss your concerns.
- Help you and your family understand Alzheimer's disease and related dementias and how the disease may progress over time.
- Work with you and your family on developing a plan that supports you.
- Discuss strategies, provide coping tools and problem solving skills that will help reduce stress.
- Assist you in obtaining community resources and supportive services.
- Be just a phone call away.

